

Nutrition and Your Health

Sources Suggested by the National Agricultural Library



Looking for authoritative, user-friendly sources of information about nutrition and your health?

Check out the selections on this list, compiled by registered dietitian and nutrition information specialist Lorraine Butler, who is with the Food and Nutrition Information Center at the ARS National Agricultural Library in Beltsville, Maryland, and Washington, D.C.

Food and Nutrition Information Center *at the National Agricultural Library*

Heart Nutrition and Recipes

fnic.nal.usda.gov/consumer/heart

Links posted here guide you to cardio-savvy recipes (including delicious desserts), tips on choosing heart-healthy foods, and more.

Osteoporosis and Bone Health

fnic.nal.usda.gov/consumer/bone

These sources can help you create and keep strong bones. Among them: the kid-friendly **Best Bones Forever** (www.bestbonesforever.gov), which guides young girls to make informed food choices during critical bone-forming years.

Diabetes and Prediabetes

fnic.nal.usda.gov/consumer/diabetes

Hand-picked by registered dietitians at the National Agricultural Library, the links displayed here, like the National Institutes of Health's **What I Need To Know About Eating and Diabetes** (diabetes.niddk.nih.gov/dm/pubs/eating_ez), help you prevent or cope with diabetes.

Diet and Disease: Cancer

fnic.nal.usda.gov/cancer/

Select from an array of links to credible sources, including a handy dictionary of more than 5,000 cancer terms.

Other Websites

American Optometric Association

www.aoa.org/x11813.xml

Learn how to eat right to save your vision at this attractively formatted venue, complete with recipes and references to relevant scientific studies.

Osteoporosis: A Report of the Surgeon General, Chapter 6

tinyurl.com/surgeonbone

America's No. 1 physician reviews nutrition's impact on bone health in this informative, factual report.

American Dietetic Association

eatright.org/diseasemanagement

At this easy-to-use site, registered dietitians share their expertise on eating well to forestall and manage disease.

Office of Dietary Supplements, National Institutes of Health

ods.od.nih.gov/factsheets

Food sources are the best way to meet nutrient needs, but if supplements are used, the more than 75 factsheets offered here can inform you about the sometimes-confusing array of vitamins, minerals, botanicals, and other supplements vying for your attention at your drugstore or supermarket.